SGNICS F57L

SGNICS F57L Smart Watch User Manual

Model: F57L

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your SGNICS F57L Smart Watch. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience. The SGNICS F57L is a versatile smart watch designed to track daily activity, monitor health metrics, and facilitate communication through Bluetooth calls.

WHAT'S IN THE BOX

Upon unboxing, please verify that all the following components are present:

- 1 x SGNICS F57L Smart Watch
- 1 x User Manual
- 1 x Charging Cable
- 1 x Watch Band

SETUP

1. Charging the Device

Before initial use, fully charge your SGNICS F57L Smart Watch. Connect the provided charging cable to the charging contacts on the back of the watch and to a standard USB power adapter (not included). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

Image: Rear view of the SGNICS F57L Smart Watch, highlighting the heart rate sensor and magnetic charging contacts.

2. Powering On/Off

- **Power On:** Press and hold the side button for a few seconds until the screen illuminates.
- **Power Off:** Press and hold the side button, then select the "Power Off" option on the screen.

3. App Installation and Device Pairing

To unlock the full functionality of your smart watch, you need to install the companion application on your smartphone and pair the devices.

1. **Download the App:** Scan the QR code provided in the quick start guide (if applicable) or search for the official SGNICS companion app in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Register/Log In:** Open the app and follow the on-screen instructions to create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Watch:** In the app, navigate to the "Device" or "Add Device" section. Select your SGNICS

F57L from the list of available devices. Confirm the pairing request on both your phone and the watch.

5. **Grant Permissions:** Allow necessary permissions (e.g., notifications, location, contacts) for the app to function correctly.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.
- **Side Button:** Press the side button to return to the main watch face or to wake the screen. A long press typically accesses power options.

Image: Front view of the SGNICS F57L Smart Watch, showing the main watch face with various health metrics.

2. Bluetooth Call Function

After successful pairing with your smartphone, you can make and receive calls directly from your watch.

- **Making Calls:** Access the "Dialer" or "Contacts" function on your watch. You can dial a number or select a contact to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.

3. Health Tracking

The watch continuously monitors various health metrics.

- **Heart Rate:** The watch tracks your heart rate 24/7. View current and historical data in the app.
- **Activity Tracking:** Records steps, distance, and calories burned throughout the day.
- **Sleep Monitoring:** Automatically tracks your sleep patterns. Review sleep quality and duration in the app.

4. Sport Modes

The SGNICS F57L supports over 50 sport modes to track your workouts.

1. Swipe to the "Sport" or "Workout" menu on your watch.
2. Select your desired activity (e.g., running, cycling, yoga).
3. Tap to start tracking. The watch will display real-time data such as duration, heart rate, and calories.
4. Swipe right or press the side button to pause or end the workout.

5. Notifications

Receive notifications from your smartphone directly on your watch.

- Ensure notification permissions are granted in the companion app.
- Notifications will appear on the watch screen and be accompanied by a vibration.
- Swipe down from the top of the watch face to view your notification history.

6. Customizing Watch Faces

Personalize your watch with various watch faces.

- **On the Watch:** Long press the main watch face, then swipe left or right to browse pre-installed options. Tap to select.
- **Via App:** The companion app offers a wider selection of watch faces and allows for custom DIY options.

7. Virtual Assistant

Access your smartphone's AI voice assistant through the watch.

- Locate the "Voice Assistant" or "AI Voice" icon on your watch.
- Tap the icon and speak your command or question. The watch will relay it to your phone's assistant.

MAINTENANCE

1. Cleaning

Regularly clean your watch and band to prevent skin irritation and maintain performance.

- Wipe the watch screen and body with a soft, lint-free cloth. If necessary, slightly dampen the cloth with water.
- For the watch band, use mild soap and water, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.

2. Water Resistance

The SGNICS F57L Smart Watch is designed to be resistant to splashes and sweat. It is not suitable for swimming, showering, or diving. Avoid prolonged exposure to water.

3. Battery Care

- Charge the watch regularly, avoiding complete discharge for extended periods.
- Do not expose the watch to extreme temperatures (hot or cold), as this can affect battery life.
- Use only the provided charging cable.

TROUBLESHOOTING

If you encounter issues with your SGNICS F57L Smart Watch, refer to the following common solutions:

Problem	Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	- Ensure Bluetooth is enabled on your phone and the watch. - Restart both the watch and your phone. - Make sure the watch is within Bluetooth range of your phone. - Check if the app has necessary permissions. - Try unpairing and re-pairing the device through the app.
Notifications are not received.	- Verify that notification permissions are enabled for the app on your phone. - Check if "Do Not Disturb" mode is active on either the watch or phone. - Ensure the watch is properly connected via Bluetooth.
Inaccurate health data.	- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. - Clean the sensor on the back of the watch. - Avoid excessive movement during measurements.
Screen is unresponsive.	Restart the watch by pressing and holding the side button until the power options appear, then select restart. If unresponsive, force restart by holding the button for a longer duration (refer to specific model instructions if available).

SPECIFICATIONS

Feature	Detail
Brand	SGNICS
Model Name	F57L
Display	1.91" HD Touch Screen
Connectivity	Bluetooth
Operating System	Android (compatible with iOS)
Special Features	Activity Tracker, Bluetooth Call, 50+ Sport Modes, 24/7 Health Tracking, AI Voice Assistant
Material	Zinc
Color	Black
Battery Cell Composition	Lithium Polymer
GPS	No GPS

WARRANTY INFORMATION

The SGNICS F57L Smart Watch comes with a **60-day warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual. Please retain your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For further assistance, technical support, or warranty inquiries, please contact SGNICS customer service. Refer to the contact information provided with your purchase or visit the official SGNICS website for support details.

Manufacturer: SGNICS